

# grind & co.

## LUNCH

### **Grind & Co Burger 18.00**

chicken fillet, house sauce, cheese, rocket, bacon, tomato on a brioche bun & sweet potato fries

### **Americana Burger 19.00**

double beef patty, american cheese, lettuce, tomato, chefs secret sauce and pickles on a brioche bun with side of shoe string fries & house secret sauce

### **SFC Burger 19.00**

tender chicken breast in secret herbs and spices, fresh mint & cabbage slaw, spicy southern sauce, american cheese on a brioche bun with side of fries & aioli

### **Fish Tacos 21.00**

battered flathead fillets with mixed lettuce, traditional Spanish onion salsa seasoned with sumac and house made tartar dressing folded into a soft Spanish tacos w/fries

### **Beef Nachos 22.00**

corn chips, mexican beef, guacamole, pico de gallo, nachos cheese topped with sour cream

### **The Sultans Plate 24.50 (gf option available)**

skewers of tender lamb, chicken and kafta, fattoush salad, traditional garlic dip, hummus and arabic bread

### **Steak The Grind Way 18.00**

marinated lean steak strips with charred capsicum, fried onions, american cheese, beetroot relish on toasted sourdough w/ shoe string fries & dipping house sauce

### **Protein Plate 20.00**

marinated chicken breast, kale, quinoa, sundried tomato, garlic mushrooms, avocado with lemon dressing

### **Nourish Bowl 22.00 (gf option available / v)**

house made falafels, turmeric & cumin roasted cauliflower, roasted eggplant, roasted sweet potato, cucumber, kale, carrots, cabbage and beetroot labneh

### **Chicken Caesar Salad 19.00**

grilled chicken, crispy cos lettuce, bacon, croutons, shaved parmesan, boiled egg & housemade Caesar dressing

### **Cajun Chicken Salad 19.50**

char grilled tender chicken, quinoa, cherry tomatoes, purple cabbage, fresh mint, mixed leaf, carrots, diced avocado, spanish onion with lemon lime dressing

### **Moroccan Lamb Salad 20.00**

moroccan spiced lamb, baby spinach, cous cous, sweet potato, purple cabbage, cherry tomatoes, chilli orange dressing, char grilled corn with mint yoghurt & pomegranate

### **Tahini Salmon 23.00**

perfect crispy salmon on a bed of baby spinach, pan fried broccolini, dressed with a lemon tahini sauce topped with a herb infused salsa

### **Classic Fish & Chips 19.00**

house battered flathead with a side of fries, tartar sauce and a garden salad

## EXTRAS

shoe string fries with aioli 7.00

sweet potato fries with aioli 9.00

wedges with sweet chilli & sour cream 12.00

@GRINDANDCOPEMULWUY